

Veteran Whole Health Resource List

Aug-24

Class Name	Description	Days/Times	Venue	How to Access	Open / Cohort	Other Info - p.1
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Note: We recommend only 1 or 2 whole health offerings at a time for your success. For document revisions, email BOIVHEC@va.gov

F2F = Face to face, VVC = VA Video Connect. Cohort = closed group for a determine time period (ex. 6 weeks). Provider enters a consult and Veteran will be scheduled for next available cohort group.

Battlefield Acupuncture (BFA)	Acute and chronic pain treatment using semi-permanent needles. Complementary and Integrative Health (CIH) option	Group options for: mixed group and women's-only group.	F2F: Boise, Caldwell, Twin Falls, Mtn. Home	Your provider evaluates your pain management needs, and can place BFA consult when appropriate	Open	Contraindications: Pregnancy, undiagnosed pain, fear of needles or history of vasovagal response to needles, active skin infection on ear.
Chaplain Services	Provide religious or spiritual care for inpatient and outpatient Veterans, as well as support of their families and significant others.	Available 24/7	F2F or telephone	Contact Chaplain Service at 208-422-1362. After hours/weekends/holidays: Contact 208-422-1000 to ask for the on-call Chaplain to contact you.	Open	
Cognitive Behavioral Therapy for Chronic Pain	Cognitive Behavioral Therapy interventions to manage and cope with chronic pain. Goal to improve quality of life.	Wednesdays 10:30 - 12PM, 8-week cohort	VVC	Talk with your provider, or if in PM&R or Pain Clinic, let your provider know you're interested	Cohort	Great follow up class to Pain Management "Boot Camp" as it takes a deeper dive into the introduced skills
Co-Piloting Chronic Pain	Intro to active pain management skills with your support person: Overview of cognitive, behavioral, and movement-based tools to cope with and manage chronic pain. Share tools for open, healthy discussions about pain.	Wednesdays 1 - 2:30PM for 6 weeks	VVC	Talk with your provider, or if in PM&R or Pain Clinic, let your provider know you're interested	Cohort	
Diabetes Basics	Learn about general diet education for type 2 diabetes (Carb counting, etc.) and Mediterranean diet; "ABCs" (A1c, blood pressure, cholesterol), complications, foot care, physical activity, diabetic distress and depression, & manage medications	Fridays 1 – 2:30pm for 7 weeks in Building 54 (Education Building)	F2F	Call 208-422-1000 x 7055 to sign up or talk with your primary care team	Cohort	
Foundations of Behavioral and Rec Therapy Pain Mgmt "Boot Camp"	Intro to active pain management skills: Overview of cognitive, behavioral, and movement-based tools to cope with and manage chronic pain.	Tuesdays 1 - 2:30 PM for 4-week cohort	VVC	Talk with your Primary Care Provider (Group is co-led by Psychology and Rec Therapy)	Cohort	Excellent starting place to learn about behavioral pain management
FREE (Freedom From Emotional Eating)	If you have unhelpful eating behaviors, this class series addresses difficult or unwanted experiences with new skills, using Dialectical Behavioral Therapy (DBT). Our goal is to decrease unhelpful eating behaviors used to regulate your emotions.	Mondays 11:30 – 1pm 10 weeks	VVC	Primary Care Provider will refer when appropriate, and the team will call you to schedule	Cohort	This class is not for someone in crisis and not for active or untreated eating disorders --> Consider Mental Health Eating Disorder e-consult.
Healthy Teaching Kitchen	Learn about food, nutrition and how to prepare and store balanced, healthy dishes. Your spouse can attend with you.	Wednesdays, times vary. Classes are 2-3 sessions total.	F2F	Call 208-422-1000 x 7055 to sign up or talk with your Primary care team	Cohort	

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Intro to Whole Health	Learn how Whole Health can help you! Complete a Personal Health Inventory and explore what matters most to you.	Times and days vary	F2F or VVC	Call 208-422-1000 x 1050 to sign up or talk with your Primary care team	Open	
Martial Arts	Mixed martial arts class that includes but is not limited to movements from Boxing, Kali, Krav Maga, Jujutsu and Jeet Kune Do. The class focuses on proper movement, body mechanics, flow, coordination and self defense	Mon & Wed 3-4pm	F2F	Ask your Provider for a Physical Therapy referral; If appropriate, referred for this class. You must be steady on your feet (NOT a fall risk), and no unstable cardiac conditions.	Open	You must participate successfully in Physical Therapy and have been screened by a PT prior to this class
Mindfulness Based Stress Reduction (MBSR)	Group mindfulness training with discussions on specific mindfulness topics, guided meditation practices, and group interactions.	Wed. 2-4:30pm (2.5 hours) for 8 weeks	Hybrid - F2F or VVC	Ask your Primary care team for a referral /to place an Integrated Care Team Outpatient consult.	Cohort	Class is not symptom or condition-focused.
Mindfulness and Meditation Group	Group class where you can learn mindfulness and meditation techniques	Thursdays 12-1pm	VVC	Call 208-422-1368 to ask for Mindfulness class with Wendy	Open	
MOVE! Program	MOVE! is a weight management, health promotion program designed to improve the lives of Veterans. In-person orientation on Mon. for: MOVE! 9-10AM; for Weight Meds from 2-3PM; VVC Thurs 10-11AM	<i>MOVE! 16 weeks VVC: Wed. 9-10am / alt. cohort 2-3pm starts every 8 weeks</i>	VVC or telephone; F2F orientation	Talk with your Primary care team for a MOVE consult	Cohort	MOVE! core ideas include: encourage healthy eating, increase physical activity, & promote weight loss
Operation Go (Op Go)	Op Go is a movement-based class if you have chronic pain. It is a 6-week group focusing on independent gym/home program after successfully completing a trial of physical therapy.	Wed & Fri, 1-2:30pm, 6 week cohort	F2F	Primary Care Provider places Physical Therapy referral; If appropriate, referred for this group	Cohort	If appropriate, referred for this class. You must be steady on your feet (NOT a fall risk), and no unstable cardiac/medical conditions.
Sleep Education Class	3-session group to focus on insomnia, sleep hygiene, and components of Cognitive Behavioral Therapy for insomnia (CBT-i) for better sleep.	Tuesdays 10-11am	VVC	Contact your Primary Care Team at 208-422-1000, Press 2, then 1 to ask for your team to sign you up for this class.	Cohort	
Sleeping Well with Chronic Pain	If you <u>already have a solid foundation and practice of Cognitive Behavioral CBT (particularly CBT-CP) skills, notably activity pacing, cognitive coping/thought checking, and relaxation training.</u> Ideal fit for Veterans who completed 4-week Foundations of Behavioral and Recreational Therapy "Boot Camp" or 8-week CBT-chronic pain group.	Wednesdays 1 -2PM for 4 week cohort (Building 27 Basement Ground Floor)	F2F	Talk with your Primary Care Team for referral, or call 208-422-1000, Press 2, then 1 to ask for your team to sign you up for this class.	Cohort	Contraindications: Veterans experiencing severe/untreated psychiatric concerns, who are acutely suicidal, or with history of bipolar disorder, or unable to tolerate group settings.
Tai Chi - Virtual	You are most likely to benefit from tai chi if you have: Chronic pain; anxiety disorders; depression; stress; mild	VVC - Wednesdays 3:30-4:30pm	VVC and F2F	Your Primary Care Provider can place a Physical Therapy referral for tai chi		Contraindications: Unable to attend or tolerate a group setting; Not cleared for

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Tai Chi - F2F	to moderate stage neurological disorders; fallen or at risk of falling; and long COVID	F2F - Mondays 1-2pm Wednesdays 1-2pm		(Class size is limited)		light exercise medically; Visually impaired and unable to see instructor; pregnancy
Taking Charge of My Life and Health (TCMLH)	Explore what matters in your life and what brings you joy to improve your health and well-being. This class covers the 8 aspects of whole health to support you in building meaningful goals.	Days and Times Vary; 5-8 weeks, 1 meeting per week	F2F and VVC	Call Michael Parker at 208-422-1050 <u>If enrolled w/ Pain or PM&R</u> , ask for coaching. Offered at Boise and Caldwell sites	Cohort	Contraindications: Severe/untreated mental health concerns, acute mental health crisis, or active thoughts or feelings of suicide, or inability to attend or tolerate a group setting.
Tobacco Cessation	Ready to quit tobacco? Our pharmacist can provide and monitor medications to support your goal (Nicotine replace. therapy, bupropion, varenicline).	Individual appointments	F2F, VVC, telephone	208-422-1000, Press option 2, then 1 and ask for tobacco cessation	Open	
Whole Health Coaching for Pain	Our coach can help you identify meaningful goals related to the whole health circle of health in combination with participation in PM&R and/or Pain Medicine. Must be enrolled in Pain Clinic/PM&R.	Various options	VVC, F2F, group offerings	Talk with your Primary care team for this option that is open to Veterans enrolled in Pain Clinic; If in PM&R or Pain Clinic, let your provider know you're interested	Open	
Yoga for Pain: Recreational Therapy	Pain Clinic VVC Yoga – Slower paced, gentle yoga practice with instruction in a variety of breathing exercises, physical postures and deep relaxation to reduce chronic pain and reduce stress	Times and days vary	VVC	Primary Care Provider or Pain Provider places a referral when appropriate for Pain clinic VVC Yoga	Cohort	Veterans may remain seated in a chair and do not need to get down on the floor. General benefits of yoga: improve flexibility, balance, strength and reduce stress.
	Recreational Therapy Yoga – Instruction in a variety of breathing exercises, physical postures and deep relaxation to maximize functional mobility and optimal wellness		F2F	Primary Care Provider enters referral for Recreational Therapy Yoga	Cohort	